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Knee Arthroscopy (included Meniscectomy, Lateral Release, Chondroplasty)

| Phase / Goals | Immobilization | ROM | Therapeutic Exercises |
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| Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> Full ROM, no quad lag | <ul style="list-style-type: none"> No Brace – ACE wrap full time WBAT | <ul style="list-style-type: none"> Full A/PROM as tolerated Patellar mobilization Modalities PRN | <ul style="list-style-type: none"> Modalities as needed Stationary bike with high seat if needed and lower it to normal height when able Quad sets/SLR Chair Squats/Wall squats – keep tibia perpendicular to floor Open/Closed chain ex's (leg extensions, leg curls, leg press etc.) Step Ups – start with comfortable height and progress to normal step height as able |
| Phase 2 (week 2-4) Goals: <ul style="list-style-type: none"> Full ROM, moderate proprioception | <ul style="list-style-type: none"> FWB as tolerated | <ul style="list-style-type: none"> Full A/PROM Patellar mobilization Modalities PRN | <ul style="list-style-type: none"> Progress strengthening from phase 1 as tolerated Begin proprioception exercises BFR- Initiate post op day 15 |
| Phase 3 (week 4-6) Goals: <ul style="list-style-type: none"> Run 2 miles at normal pace | <ul style="list-style-type: none"> FWB | <ul style="list-style-type: none"> Full A/PROM | <ul style="list-style-type: none"> Start walk-run program Continue to progress strengthening as tolerated – no restrictions |